



thursday, october 24, 2013

the collegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

VOL. 119 NO. 43

Tomorrow:
High: 59 °F
Low: 43 °FSaturday:
High: 63 °F
Low: 35 °F

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Is the new social media
trend doing more harm
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Six students square off for chance to represent K-State

Maria Betzold
staff writer

From 8 a.m. to 5 p.m., the online polls will open to vote for the 2014 K-State Student Ambassadors. Although voting for the new ambassadors begins today, many students haven't heard much about the candidates or what makes them qualified for the job.

The ambassador program, sponsored by the Alumni Association, allows a direct line of communication between alumni, prospective students and current students. Ambassador candidates must be current students and make it through two rounds of interviews in order to proceed. After the first interview in front of a student panel, six men and six women are selected to move through the process. After the second interview, the three men and three women finalists are announced.

The 2014 female candidates include: Ava



courtesy photo

(From left to right) Lizzi Petite, junior in human resources management; Ryan Knight, junior in marketing; Elizabeth Harner, junior in agribusiness and international studies; Chance Berndt, junior in marketing and international studies; Ava Clark, sophomore in industrial engineering; and Kurt Lockwood, junior in agricultural economics are in the running to become K-State's next student ambassadors.

Clark, sophomore in industrial engineering; Elizabeth Harner, junior in agribusiness and international studies; and Lizzi Petite, junior in human resources management. The 2014 male candidates include: Ryan Knight, junior in marketing; Kurt Lockwood, junior in agricultural economics; and Chance Berndt,

junior in marking and international studies. Gavin Hargrave, associate director of alumni programs and adviser for the ambassador program, said the program is a way for students to get involved with the Alumni Association.

"They represent the Alumni Association

and the student body as well as various Alumni Association events around the country," Hargrave said.

Hargrave said the process involves an

REPRESENT | pg. 5

Wildcat Request Live displays talents of sororities, fraternities



Dancers from the Kappa Delta sorority perform a "The Grinch Stole Christmas" themed dance at Wildcat Request Live in Bramlage Coliseum last night.

Daniela Martinez-Serrano
staff writer

Last night, Bramlage Coliseum set the stage for Wildcat Request Live, a greek dance competition where 12 sorority and fraternity group pairings competed against each other as part of the All-University Homecoming festivities.

The night began with performances from the K-State cheerleading and Classy Cat squads. The K-State Men's Basketball team and Willie the Wildcat also made appearances at WRL.

"WRL is very time consuming with practices every other night, but it helps you meet people you didn't know before," said Trayl Chaffee, member of Sigma Chi fraternity and sophomore in public relations. "I did it last year, and dancing in front of the greek community is a great experience."

According to Chaffee, his pairing of Gamma Phi Beta, FarmHouse, and Zeta Phi Beta started practicing a month ago and met up about four times a week to rehearse their dance.

All the competing groups' themes revolved around this year's homecoming theme: "A Tale of Tradition," with "Wizard of Oz" being the most popular group theme. All groups had to create their own choreography and background music. Twirling cowboys, dancing astronauts, a pirouetting Dorothy and even a vivacious Grinch were included in some of the dances. Famous K-State figures were also incorporated in the dances, such as Bill Snyder and Willie.

All competing pairings performed in front of a crowd that filled half of the seats in Bramlage and a panel of judges. All judges were K-State staff members.

"This is my eighth year watching WRL," said John Lantz, a coordinator of new student services and WRL judge. "I was a Kansas State student, so I have seen past performances. I expect well-choreographed dances with some good costumes, some good moves, and a little bit of a wow factor."

As the groups performed, different genres of music played. Each of the competing groups' background music followed a storyline that helped them communicate their homecoming

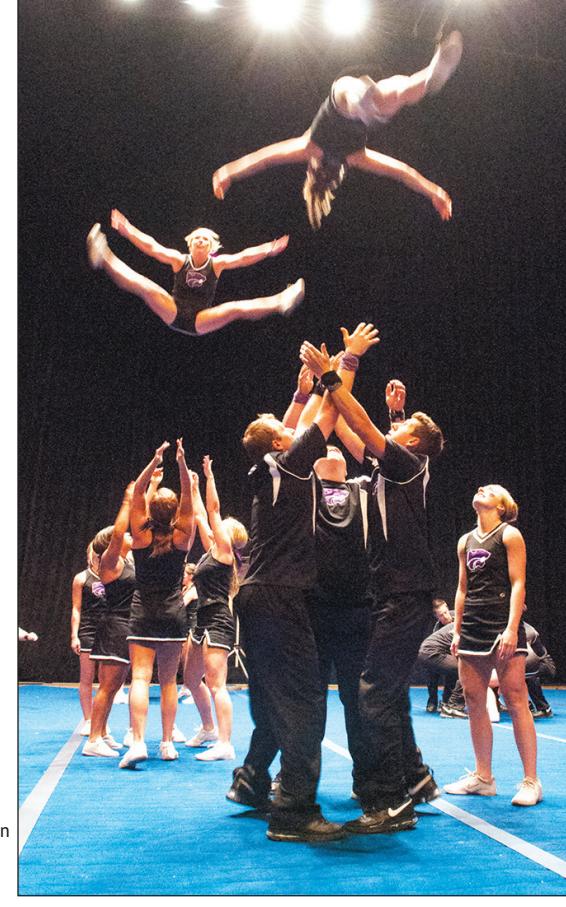
"It shows our K-State spirit, and the students dedication of making something look good out of nothing."

Maura Schmidling
junior in animal sciences

theme to the audience.

"I think WRL is a great competition for homecoming, it gets to show off peoples' talents and you see all the hard work people put into it," said Maura Schmidling, junior in animal sciences and member of the Gamma Phi Beta sorority. "It shows our K-State spirit, and the students' dedication of making something look good out of nothing."

The winner of WRL will be announced Friday during the Homecoming Parade along with the 2013 overall homecoming winner.



Hannah Hunsinger | The Collegian

Before the dancing starts, the K-State cheerleaders get the audience pumped for Wildcat Request Live in Bramlage Coliseum last night.

Society of Professional Journalists returns to campus

Maria Betzold
staff writer

Although the Society of Professional Journalists had a presence on the K-State campus in the past, in more recent years it has not been an official student organization. This year, Tom Hallaq and Bonnie Bressers, professors of journalism and mass communications, are co-advisers for the new SPJ chapter on campus, and in doing so have opened the door to many opportunities for SPJ as a student organization.

Hallaq said the main focus of the nationally known group is First Amendment rights, and that the local K-State chapter will be adding an emphasis on professional networking.

Austin Nichols, senior in journalism and mass communications and K-State SPJ president, said his affiliation with the group was inspired by that networking opportunity.

"The most important part and the reason I got involved was because of the networking," Nichols said. "I've done a lot of internships and I've done a lot of networking."

Nichols said that students go to college hoping that a career follows, and he thinks SPJ can assist with that process.

"We're all here to get a job," Nichols said. "[SPJ] gives students the opportunity to get to know people within the department, not just professionals, but classmates."

Hallaq said the national SPJ organization requires a minimum of 10 paying members of the campus group to be considered an active chapter of the national organization.

"They really encourage all campus members to be national members," Hallaq said.

Although SPJ is open to anyone who believes in First Amendment rights, Hallaq said the focus is on the A.Q. Miller School of Journalism and Mass Communications.

"We haven't really promoted ourselves outside the JMC school," Hallaq said. "Our target audience is JMC students."

Hallaq said SPJ will host a number of events that will focus on a range of topics, including the First Amendment rights of United States citizens.

"With the emphasis on the First Amendment, that's something we will express [as a group]," Hallaq said. "It's surprising how many people do not know their rights."

Hallaq said SPJ is an organization that K-State is offering to

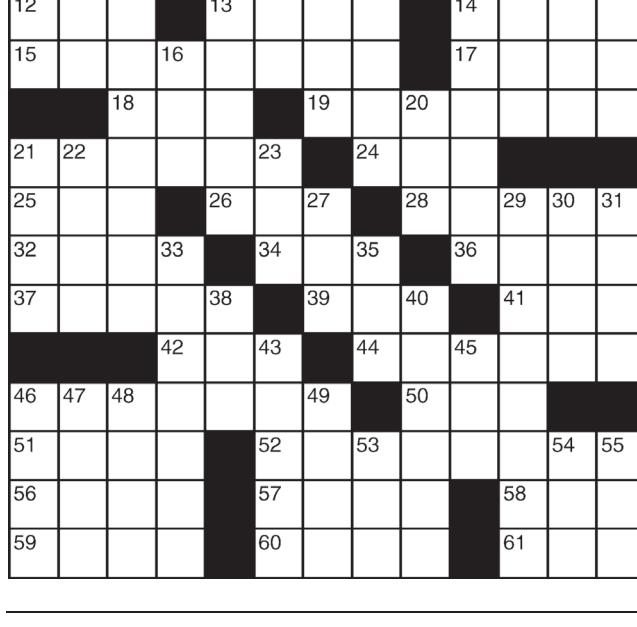
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Yesterday's answer 10-24



10-24 CRYPTOQUIP

W'DD BE ZYY OL UVZ YIVEDX
BZF IZQZ WK YZTZKFL
OWKEFZY. FINFY OL
ZYFWONFZX FWoz VU N QWTND.
Yesterday's Cryptoquip: WOULD A COMEDY SERIES FEATURING A FAMILY OF HUNGRY RODENTS BE CALLED "FATHER GNAWS BEST?"
Today's Cryptoquip Clue: D equals L

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The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

Oh Homecoming Week ... When I'm remembered of how I left high school and all the silly festivities behind me.

The petunias outside Throckmorton smell so good.

Editor's note: To submit your Fourum contribution, call or text 785-260-0207 or email thefourum@kstatecollegian.com. Your e-mail address or phone number is logged but not published.

For the Win | By Parker Wilhelm



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THE BLOTTER

ARREST REPORTS

Tuesday, Oct. 22

Vy H. Nguyen, of the 2200 block of Buckingham Street, was booked for failure to appear. Bond was set at \$500.

Kevin L. Fleck, of the 2100 block of Westchester Drive, was booked for criminal damage to property and criminal trespassing. Bond was set at \$1,000.

Wednesday, Oct. 23

John Ryan Coupe, of the 2200 block of College Avenue, was booked for driving under the influence. Bond was set at \$750.

LETTERS TO THE EDITOR

The Collegian welcomes your letters. We reserve the right to edit submitted letters for clarity, accuracy, space and relevance. A letter intended for publication should be no longer than 350 words and must refer to an article that appeared in the Collegian within the last 10 issues. It must include the author's first and last name, year in school and major. If you are a graduate of K-State, the letter should include your year(s) of graduation and must include the city and state where you live. For a letter to be considered, it must include a phone number where you can be contacted. The number will not be published. Letters can be sent to letters@kstatecollegian.com

Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

There was an error in the Oct. 22 issue. In a caption on the front page story on the Landon Lecture, it was stated that seven former U.S. Secretaries of Agriculture participated in the lecture. This was incorrect. Six former Secretaries of Agriculture were present.

If you see something that should be corrected or clarified, call managing editor Mike Stanton at 785-532-6556 or email news@kstatecollegian.com.

The Collegian, a student newspaper at Kansas State University, is published by Collegian Media Group. It is published weekdays during the school year and on Wednesdays during the summer. Periodical postage is paid at Manhattan, KS. POSTMASTER: Send address changes to Kedzie 103, Manhattan, KS 66506-7167. First copy free, additional copies 25 cents. [USPS 291 020] © Collegian Media Group, 2013 All weather information courtesy of the National Weather Service. For up-to-date forecasts, visit nws.noaa.gov.

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Best of Manhattan Purple Apple Awards

The Kansas State Community's choices on the best, well, everything. Make sure the students, faculty and staff make it into your business before voting is finalized!

Categories

Best Burger
Best Mexican Food

Best Source of Entertainment
Best Clothing Boutique

Best Bar
Best Salon
Best Antique/Thrift Store

Winners Announced:
Wednesday, November 20

Survey Drops:
Monday, October 21
kstatecollegian.com

Affordable Care Act provides benefits, challenges



Official White House Photo by Pete Souza

President Barack Obama, with Secretary of Health and Human Services Kathleen Sebelius, listen as enrollees in the Affordable Care Act tell their stories in the Oval Office, Oct. 1. The enrollees later joined the president for a statement in the Rose Garden.

Johnnie Harvey
staff writer

President Barack Obama had one major goal during his 2012 re-election campaign — reforming healthcare. While many Americans once saw hope in the Affordable Care Act, also known as "Obamacare," a sour taste has spread from the opposing camps to the population at large.

As a bill it survived more than 40 votes to repeal, filibusters and multiple Supreme Court hearings.

After going through so much just to see the light of day, one would hope the law would have gone into effect without a hitch. Sadly, it has been just the opposite.

While the Affordable Care Act went from a bill sitting on Capitol Hill to law back in March 2010, enrollment for the program opened on Oct. 1. While thousands flooded to sign up for the new health care plan, a dam of technical errors and headaches ensued, leaving the smoking guns of those opposed shooting rounds of cel-

ebration. Now faced with countless people saying "told ya so," the nation must decide if the law is worth its weight in gold.

"I think it has the potential to do great things," James Ryan Roberts, senior in theatre and electronic journalism, said. "There will be hiccups with any new program, so I wouldn't jump to any quick judgments. I agree with the key aspects. No caps on coverage and coverage for preexisting conditions."

The wide blanket of coverage is

one of the most gleaming pieces in the Affordable Care Act armor. As described on healthcare.gov, the law will provide benefits available in all states, offering the lowest plans available for its applicants. All essential health care benefits, like doctor visits, hospitalizations and prescriptions will be covered. The law will be critical for college students too, as parents will be able to keep their dependents on their health plan until the age of 26.

"I know people have issues

with the individual mandate, but I don't see any difference between that and having car insurance," Roberts said. "Eventually you will get sick and need that insurance. Bills will pile up that you can't or won't pay, and somebody is going to have to foot that bill. Overall, it's the responsible thing to do."

A major point of opposition for the Affordable Care Act is the penalty of all those without a health care plan. By March 2014, everyone without health care, be it "Obamacare" or a preexisting plan, will be fined \$95 or one percent of their income during tax return season. The higher amount between the two will be paid. By 2016, the penalty will increase to \$695 or 23.5 percent of income, plus \$47.50 per uninsured dependent.

"Taking our tax returns will leave our family homeless and starving," Phillip Kitts, sophomore in journalism and mass communication, said. "They have forgotten about the broke farmer, working 18 hour days and paying for substandard insurance. Now, we will slowly eliminate those insurance companies that may not have the best coverage, but is enough to cover the hardworking man. Now, they will fade away and the heart of America will suffer."

IRS.gov details Affordable Care Act tax implications as they apply to individuals, companies and other organizations.

"Obamacare, in my opinion, is much like what many politicians do," Kitts said. "[They] go way out of their way to attempt to leave a mark on the nation."

The question is whether that mark is benevolent or malevolent.

What's terrifying is that many students are unaware of the benefits and disadvantages of "Obamacare," totally oblivious to the changes happening in the world. In order to know if their hospital bills will leave them in a cardboard box outside of their parents' home, people — students specifically — need to be knowledgeable in what is covered and what is available to them.

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HEAD2HEAD

Miami needs stiffer penalties; NCAA to blame for debacle



Sean Frye

on opponents similar to what was discovered to be going on with the New Orleans Saints of the NFL.

It seems like a self-imposed two-year bowl ban and just nine scholarships taken away are a light penalty considering the severity of the allegations, and the fact that the NCAA didn't come down harder on the organization itself.

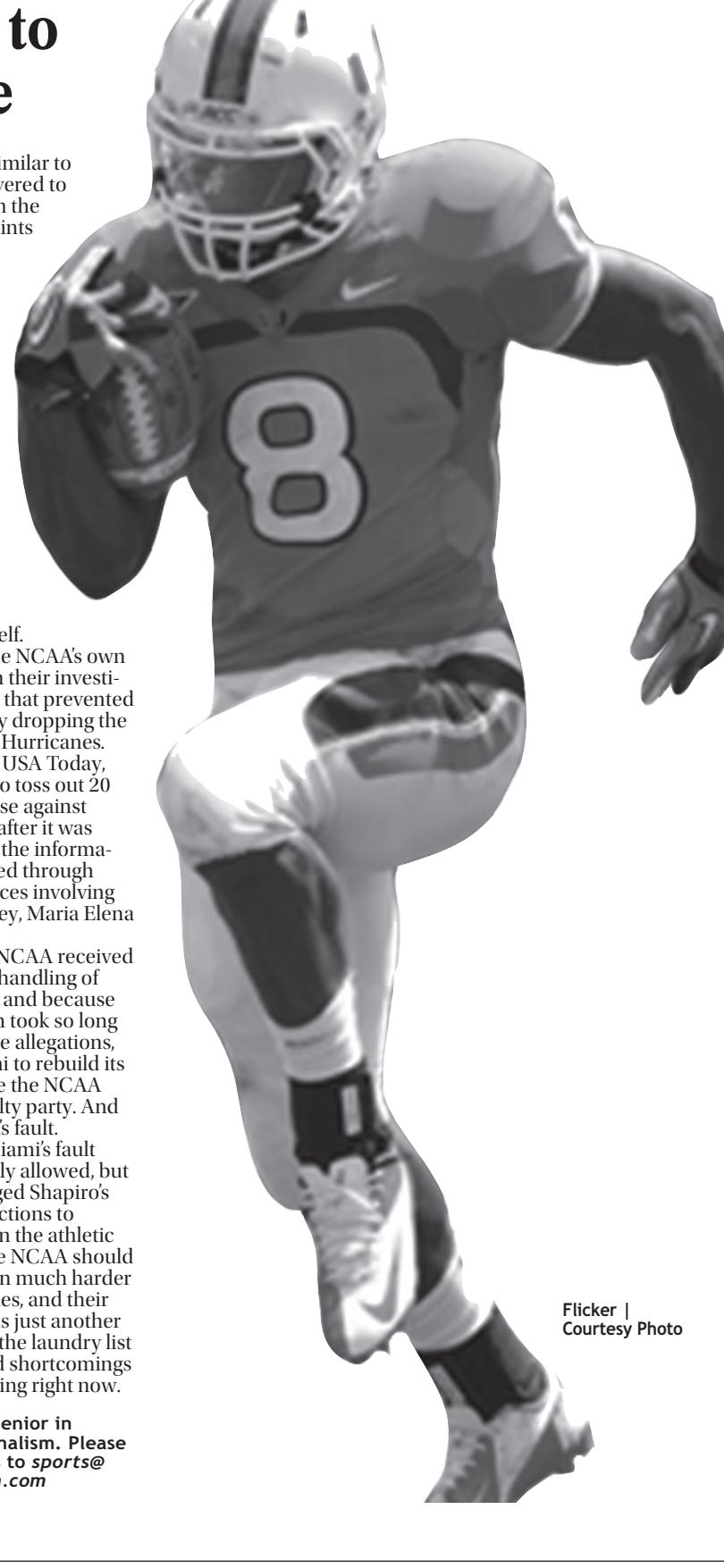
In fact, it is the NCAA's own shortcomings in their investigation of Miami that prevented them from really dropping the hammer on the Hurricanes.

According to USA Today, the NCAA had to toss out 20 percent of its case against the Hurricanes after it was discovered that the information was obtained through unethical practices involving Shapiro's attorney, Maria Elena Perez.

Because the NCAA received such flak for its handling of the Miami case, and because the organization took so long to investigate the allegations, it allowed Miami to rebuild its image and make the NCAA look like the guilty party. And that's the NCAA's fault.

But it's still Miami's fault that they not only allowed, but all but encouraged Shapiro's reprehensible actions to take place within the athletic department. The NCAA should have come down much harder on the Hurricanes, and their failure to do so is just another thing to add onto the laundry list of problems and shortcomings the NCAA is facing right now.

Sean Frye is a senior in electronic journalism. Please send comments to sports@kstatecollegian.com



Flicker | Courtesy Photo

NCAA's sanctions on Miami are perfect; no punishment needed



Austin Earl

The undefeated Miami Hurricanes got a good piece of news on Tuesday. They will be allowed to participate in the post-season for the first time since 2010, and only lose nine total scholarships as a result of a scandal that took four years for the NCAA to investigate.

After Yahoo! Sports first reported on the scandal, Miami imposed multiple sanctions on themselves.

They reduced the amount of official visits they let prospects take, they reduced the amount of players allowed on their recruiting board, and most notably, they placed a two-year bowl ban on themselves.

Last season, Miami coach Al Golden led his team to seven wins. That would have been enough to get to a bowl game. The loss of a bowl game berth means that Golden lost about a month of practice time with his team. Although there are many seniors who graduated from the Miami program last year, the majority of players are back on the roster. That's a month that those players could have improved under Golden's direction that they will not get back now because of the bowl ban.

Not getting into a bowl does not just hurt practice time, it hurts exposure as well. Recruits who live out of Miami's television market do not have a chance to watch the Hurricanes play every single week. Although Miami is on national television a lot, recruits have a lot of colleges they are looking at. Being in

a bowl game puts a team on national television with very few other teams playing at the same time. Teams can not get that kind of exposure on an average Saturday.

Put yourself in the shoes of a football prospect who is interested in Miami. Would you want to go to a school that has impending sanctions? In addition to that, a school that may not be able to compete in a bowl for your entire college career? Of course you wouldn't. That is the problem Miami has faced in the past four years. In 2011 – the year that the investigation was at the forefront of sports news – Miami at No. 36 had a lower recruiting class ranking than the lowly Kansas Jayhawks at No. 34, according to Yahoo! Sports.

The NCAA had the opportunity to make Miami a public example of what happens to a program when the program cheats, but with faulty sources and a poor investigation, the NCAA could not end the case in a quick, decisive manner.

If the investigation had not taken so many twists and if it took less time, Miami's punishment could have been much steeper. Miami could have been banned from bowls, had 20 scholarships taken away, and more. But the NCAA could not get the job done.

Although the NCAA handled the situation as a whole poorly, the ultimate outcome is the perfect amount of punishment for Miami. Miami punished themselves enough with their own sanctions. The NCAA punished Miami enough by prolonging the investigation over the course of multiple years. The NCAA had to reprimand Miami in a way that the public can see, and they did with taking away a total of nine scholarships.

Austin Earl is a freshman in pre-journalism. Please send comments to sports@kstate-collegian.com

K-State volleyball continues Big 12 woes with road loss to Baylor Bears

David Embers
staff writer

Last night, K-State volleyball saw first hand just how hard it is to win a conference road game. The Wildcats traveled to Waco, Texas to face off with the Baylor Bears, and left empty handed.

K-State was fresh off a home win against Texas Tech, and was looking to put together some momentum heading into a tough matchup with top-ranked Texas on Saturday. Unfortunately for the Wildcats, it didn't go how head volleyball coach Suzie Fritz and her team had hoped.

Instead of pushing their winning streak to two games, and getting on a hot streak before the prime-time matchup with Texas, the Wildcats fell 3-1 on Wednesday and suffered another tough setback. The Bears moved to 10-13 on the year (2-5 in the Big 12), and dropped the Wildcats to 14-6 (2-5 in the Big 12). It has been a tough season for a K-State team that won 12 of their first 13 games.

The Wildcats jumped on top early, winning the first set 25-18. However, the Bears rattled off wins in the next three matches, including a 29-27 overtime win in the second set. The Wildcats stayed competitive throughout the night, but failed to mount a successful counter to Baylor's adjustments. The Bears won the third and fourth sets 25-20. The Wildcats had lost three of their last four in Waco entering Wednesday's match.

Seniors Courtney Traxson and Dakota Kaufman, who each finished with 13 kills, led the Wildcats on offense. They were a big part of a K-State offensive attack that finished the evening with a kill percentage of .209. Redshirt freshman setter Katie Brand posted yet another double double, this time recording 37 assists and 15 digs. Senior libero Tristan McCarty turned in one of her best matches of the year, finishing with 22 digs. As a team, the Wildcats ended the night with 64 digs and 18 blocks.

The Bears offensive attack included five players with



Emily DeShazer | Collegian

Redshirt freshman setter Katie Brand pushes one over the net on Sept. 10 at Ahearn Fieldhouse. The Wildcats lost 3 sets to 1 at Baylor yesterday.

seven or more kills on the night. While Baylor certainly had balance, they hit with a kill percentage of only .168. The Wildcat defense was again solid, dominating at the net and forcing hitters out of their comfort zone. Setter Morgan Reed finished the night with 40 assists and 13 digs. As a team, the Bears totaled 73 digs, and played well at the net, totaling 20 blocks.

The Wildcats had a difficult time eliminating mistakes, despite their calling

card all season being to avoid them. K-State ended the night with nine service errors and nine more receiving errors. Fritz rotated twelve players, trying to find a lineup that could do some damage against a feisty Bears team. Nothing seemed to click, and the Wildcats were left scrambling. Last Saturday, Fritz made the adjustment to move senior outside hitter Dakota Kaufman to the right side, with the hopes of igniting the senior's play and bal-

ancing out the team's offense. While Kaufman's production was solid, the rest of the offense seemed out of sync and unable to take advantage of a sub-par Baylor defensive front.

It has been a tale of two seasons thus far for the Wildcats. K-State's nonconference schedule couldn't have been much better, and the Wildcats showed flashes of a team that could make a deep NCAA run.

The defense has been

consistent all year long, but lately, the offense has seemed anemic and unable to score the necessary points. The talent and experience is there to find a formula that will be successful, but thus far, that search has been unproductive.

Look for Fritz to continue moving players around with the hopes of finding a group of players that work well together and can compliment the great defense.

The Wildcats will look to regroup before a home match

against powerful Texas. Texas is currently ranked No. 1 in the country, and has rolled through conference play without suffering a loss. K-State will have to empty the cabinets to pull off the upset.

The Wildcats will need career games from multiple people if they have aspirations of knocking off a team of Texas' caliber. However, with an undeniable home court advantage, a great coach, and senior leadership, nothing is out of the question.

REPRESENT | Ambassadors will network across the nation

Continued from page 1

emphasis on public speaking and being in front of people as the ambassadors will have a presence at alumni events, where it is important to communicate the friendly atmosphere of K-State.

"We feel there needs to be a student presence," Hargrave said. "They are who we call on."

In an email interview, Lockwood said the ambassador program is unlike any other student organization because they reach people across the country.

"This program is unique to K-State and it speaks to our universities focus on students," Lockwood said. "Ambassadors have the chance to bring Manhattan to people who might not otherwise have the chance to visit our slice of happiness."

Lockwood also said that if elected as an ambassador, he would have the opportunity to grow closer to other K-State students.

"As an ambassador, I would attend events where students will be in attendance or be the focus allowing me the opportunity to get to know more students on a deeper level," Lockwood said.

Berndt said in an email interview that being an ambassador candidate will always keep him involved with K-State on a deeper level, whether he is

elected or not.

"These experiences have helped me gain the skills, knowledge and confidence to be an Ambassador candidate and are what will keep me striving to help our university, no matter the outcome of this election," Berndt said.

Berndt said the student ambassadors have a unique purpose because they are present to show people outside of the university just what makes K-State so special.

"When someone has a question about what the K-State family actually means, we're there to convince them that it's not just talk," Berndt said. "We get the wonderful opportunity to represent each and every one of you, and that's not something that you'll see almost anywhere else in the nation."

Agreeing with Berndt, Knight said in an email that the ambassadors should represent K-State strongly with a passion with everyone they meet.

"I think if the ambassador can charismatically leave a strong and meaningful impression on the people they interact with, then K-State will be represented in the absolute best way possible," Knight said.

Knight said the focus should be connecting the K-State "family" through the ambassadors, because each member brings something new to the table.

"I feel like no matter who you are or what you are doing here, each and every person brings in a different

unique dynamic to the K-State family that needs to be shown," Knight said.

Petite said in an email that the process has strengthened her ability to be involved on campus.

"This process is definitely one of the toughest I've been through but every second has been 100 percent worth it because I am being given the opportunity to meet even more fantastic K-Staters while sharing what it is I love most about our university," Petite said.

Petite also said the ambassador program gives students the opportunity to learn about K-State, no matter what stage of life they are in.

The Ambassador program is the perfect way to reach out to Wildcats at every stage of their life," Petite said. "Through their direct contact with prospective students, current students and alumni, the program gives K-State an opportunity to create relationships before a student reaches campus, while they are here and after they've left."

Although the program gives a glimpse of K-State, Clark said in an email she thinks the program allows people to see the things that they can't see or feel without being on the campus.

"The job of the student ambassador is to represent the intangibles of the K-State experience, the things you can't put inside a pamphlet or on a PowerPoint, to prospective students and alumni," Clark said. "This allows them

to get an inside look at what student life at K-State is like and to understand how unique our university really is."

Agreeing with Petite and Clark, Harner said in an email interview that the program drives the direct connection between alumni, prospective students, and currently enrolled students.

"I believe that the ambassador program enhances K-State because it serves as a direct link between prospective students and alumni, and the current students," Harner said. "The K-State student ambassadors serve as representatives for the university and help to further perpetuate the family atmosphere that is so deeply valued here."

Jordan Priddle, graduate student in counseling and student development and 2013 K-State Student Ambassador, said the ambassador program allowed her to constantly communicate with people about K-State and life in general. Priddle said the program allowed her to network with alumni in all parts of the country, and it was an important skill that was found through being an ambassador.

"Being an ambassador, you really get to be connected to alumni across the entire nation," Priddle said. "I think I just learned how important that skill is."

The 2014 K-State Student Ambassadors will be announced this Saturday during halftime of the football game against West Virginia.

JOURNALIST | SPJ looks to be involved

Continued from page 1

those interested in standing up for First Amendment rights and learning more about them. However, he said that it does not mean one has to be a journalism student to participate.

"[SPJ] is really an organization that people who are interested in journalism on any level should be involved in," Hallaq said. "Here at K-State, we are offering people the opportunity to get involved with that organization."

Morgan Huelsman, sophomore in journalism and mass communications and the vice president for K-State SPJ, said the organization is here to help students remember ethical ways to be a journalist and to gain experience of that nature.

"In the field of journalism, it is very easy to steer away from the truth or say a little white lie," Huelsman said in an email interview. "SPJ is there to remind students the ethics of journalism and give them hands-on experience in the their fields of interest."

Huelsman said SPJ is working towards being involved throughout campus and being present at various events.

"We want to be as involved as possible in the community and are continuing to look for ways to sponsor different events and conferences that are beneficial to K-State journalism students," Huelsman said.

Nichols said he thinks the organization's success will be a gradual process, but it has made a move in the right direction for its future.

"I have a lot of confidence that it will be successful in the future, slowly but surely," Nichols said. "My job right now is to start it off in the right direction."

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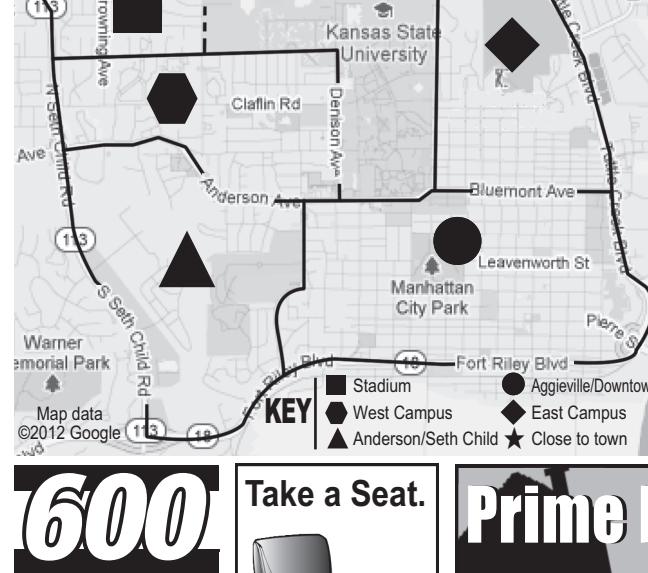
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#Fitspiration fad brings awareness, consequences

Ellie Holcomb
contributing writer

#Thinspiration is a hashtag that sends a feminist shudder down the spine of any in-the-know Internet browser. The hashtag that used to immediately pull up pictures of bony ribs, thigh gaps and sunken cheeks now brings up the following message on information sharing and social media sites like Pinterest and Tumblr:

"Eating disorders are not lifestyle choices. They are mental disorders that if left untreated can cause serious health problems or could even be life-threatening."

For treatment referrals, information and support, you can always contact the National Eating Disorders Association Helpline at 1-800-931-2237 or www.nationaleatingdisorders.org.

Instagram has a similar message, connecting any "#thinspiration" photo with a warning that the photo may be graphic or triggering, and recommends sending the viewer to

the national eating disorders website.

But #thinspiration has a not too distant cousin in the newer #fitspiration that might be just as harmful to body image. #Fitspiration aims to get Internet browsers up from hours online and urges them to lace up their Nikes. With its tagged photos showing men and women under dripping sweat and sculpted abs, it almost always prompts people to hit the gym hard.

#Fitspiration, or #fitspo, catch-phrases range from "Working out is a reward, not a punishment" to "Unless you puke, faint or die, keep going!" These stylized texts are usually paired with a fitness model baring perfect abs, sculpted arms or thin and toned legs. To some, any encouragement of movement is a positive thing.

"The more people move, the better their life is going to be long term," Christian Larson, kinesiology instructor, said.

With a growing rate of obesity and overweight Americans, #fitspo seems like simply another tool to get

people moving.

An overweight individual is at risk of having a number of different health issues ranging from diabetes to a bad back." Dalton Gruber, freshman in computer engineering, said. "If these 'fitspiration' quotes and images get someone off the couch who otherwise wouldn't, then great. People need to be active to live long and stay healthy."

However, not everyone thinks that "fitspiration" is the right form of encouragement to get people to move more. With the ideal it sets for a perfect body type bordering on unattainable, #fitspo leaves some wondering how they measure up.

"#Fitspiration makes me feel fat, but I'm okay with not looking that in shape," Hope Gates, freshman in animal sciences and industry, said.

And for those who aren't inclined to move in the first place, #fitspo doesn't exactly have them leaping up to tie their running shoes and bolt out the door.

"Well, it does [inspire me to work out], but I'm lazy so I don't," Gates

said.

Some said they believe that while getting active is good, the #fitspo motivation isn't. With its catchphrases encouraging people to push past physical limitations until actual pain occurs, and glorifying obsessions with exercise over a balanced lifestyle, many said that #fitspo simply sets a new standard of how people should look. #Fitspo allows people to get obsessed with being fit, instead of rail thin models.

Many in the health and wellness community agree that #fitspo encourages a sexy, toned body above overall health. However, for all the zoomed in photos of abs or lean women lifting weights, there are multiple blogs denouncing these #fitspo images as triggering, unrealistic or a step too far.

Students agreed that #fitspo, while it has its place, isn't for everyone.

"There are always people who take things and use them whether it applies to them or not," Gruber said. "In that sense, fitspirational

posts are terrible tools of destruction that can wreak havoc on a person's self-esteem. That can lead to over exercising, bulimia or even starving themselves just to 'become beautiful.'

Of course, with most #fitspiration taking the form of memes that float around Instagram, Pinterest and Tumblr, people have the power to choose what they do and don't view, to a certain extent.

"There's people who it will turn off, but they don't have to look at it," Larson said. "So if someone is going to follow that, they're gonna be okay with it."

However, just as its predecessor #thinspiration fell out of favor, perhaps one day #fitspo too will be replaced by a more attainable and realistic ideal of what healthy looks like.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

Comments from Landon Lecture discuss great solutions for obesity



Sean Frye

One of the biggest highlights of the 163rd Landon Lecture that featured six former U.S. Secretaries of Agriculture on Tuesday were comments made by Mike Espy and John Block, who served under Bill Clinton and Ronald Reagan respectively.

During the town hall style lecture, Espy stated that he believes food stamps, which are part of the Supplemental Nutrition Assistance Program, should not be used to buy fatty and high caloric snacks.

"I think it's reasonable to experiment as to whether or not we can move some of those snack foods from the SNAP program," Espy said. "Those foods that are high in calories, high in salt and fat, some of the high fructose corn syrup drinks, perhaps when it comes to use of the public tax dollar at the supermarket, to be spent on things that we know do not perpetuate the best health outcomes, those products, just like tobacco, just like beer, we would give some consideration to making these foods ineligible from use in the SNAP program."

Espy was right on the money with his comments. The U.S. taxpayers, which fund food stamps, absolutely contribute to the problem of obesity in America. Implementing a law that prevents those who use taxpayer money from purchasing items that don't hold a true nutritional value

should be put in the works for the SNAP program.

One of the more controversial claims in the Landon Lecture came from Block, who was responding to Espy's comments. He talked about children who receive free lunches from the taxpayers should be held to similar standards.

"We've got kids that are obese and they're going to school and they get free lunches, and they have big lunches for them," Block said. "The way you deal with that is you weigh them in, if the kids are too heavy they go in the vegetable line. And if they're not too heavy and they're just right, they can get biscuits and gravy."

Block's idea may seem like it eliminates the freedom of choice from poor children. But when the taxpayers, who are already struggling financially as it is around the coun-



photo illustration by Allison Evans | Collegian

Sometimes a person's choice of food is a luxury. Comments made at the 163rd Landon Lecture on Tuesday centered around the subject of food assistance.

try, are paying for that lunch, different standards need to be upheld.

People may not like Espy's or Block's ideas. But the fact of the matter is that too many Americans are overweight, and attack the prob-

lem early with children is a great way to start eliminating that problem.

Sean Frye is a senior in electronic communication. Please send all comments to edge@kstatecollegian.com.



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